



City of Mt. Angel

Newsletter

August 2023

Volume 15/Issue 8

IMPORTANT DATES:

National Night Out—

Tuesday, August 1st, 2023 located on the corner of N. Garfield Street and E. Charles Street

City Council Meeting—

Monday, August 7th, 2023 at 7:00pm in the Library Community Room

—See City of Mt. Angel website notice for online access to meeting

The Next Friday—

Friday, August 11th, 2023, E. Charles Street between Garfield Street and Cleveland Street

City Wide Garage Sale—

Friday, August 11th and Saturday, August 12th, 2023

Annual City Wide Cleanup Day—

Saturday, August 26th, 2023 located in the parking lot just south of City Hall on E. Church Street



BUSINESS FEATURE—MT. ANGEL WELLNESS PART 1 OF 2

Mt. Angel Wellness (MAW), located at 690 N. Main Street, is a growing collective of Holistic and Alternative Health practitioners serving Mt. Angel and the greater surrounding communities. The inspiration to start Mt. Angel Wellness comes from Founder Donna Brown, LMT who has a deep love of this community and a passion for bringing holistic healing and wellness to everyone. Services include Massage Therapists, Acupuncture, Chiropractic, CranioSacral Therapy, Bowen Therapy, and Reiki Energy Healing. MAW was founded in November 2022 by Donna as a means of bringing quality holistic healing practitioners into the community. There are currently 8 Independent Practitioners working within Mt. Angel Wellness, 5 of which will be featured this month. We will continue to feature MAW in September.

Massage Therapy:

Donna Brown, LMT, Founder/Inspiration/Ringleader/Den Mother: Donna has lived in the Mt. Angel area for 43 years, and has worked as a massage therapist in the local communities for 30 years.

Jessica Meyers, LMT: Jessica went to school at East West College in Portland and became licensed in Massage Therapy in 2007. Over her years of experience she has developed a dynamic massage practice specializing in deep tissue, myofascial release, and reiki. She loves the one on one time with clients, helping them find their best selves through healing self-care. In her spare time she pleins air paints, hikes, sings, and works in her garden here in Mt. Angel.

Sharyl Ingram, LMT: Sharyl has over 30 years' experience working with Ring Leader, Donna Brown. Sharyl specializes in deep tissue, sports therapy, ashatsu, and trigger point work. She is a trained Doula and also provides pregnancy massage. In her spare time, she loves to snowboard, play with her grandkids, and loves to spend as much time as possible in Mexico.

Gabriel Sausville, LMT: Gabriel grew up in Mt. Angel and feels privileged to serve her hometown's community. She loves being in a profession that allows her to aid others in their journey of experiencing a better body. She has a particular passion for working with clients suffering from sciatica and low back pain related problems.

Bowen Therapy:

Mary Purdy, RN, BSN: Mary has over 20 years working in the medical field being a Lactation and Nutrition counselor, triage nurse, and Lactation Consultant, Labor and Delivery and Postpartum Nurse. She received 2 Bowenwork sessions herself and noticed a difference in her pain and sense of

well-being. Bowenwork offers a non-invasive, holistic approach to pain relief and healing. It is a unique therapy that helps anything from traumatic injury, chronic illnesses, developmental delay and everyday stress.

Each practitioner is featured with details on how to contact or book an appointment on the Mt. Angel Wellness website: www.mtangelwellness.com. Hours of operation vary by specialist and their booked appointments. For any questions, call MAW at 503-845-WELL (9355).



City of Mt. Angel

Newsletter

September 2023

Volume 15/Issue 9

IMPORTANT DATES:

Labor Day—

The Library will be closed Saturday, September 2nd, 2023 in observance of Labor Day.

City Hall & Public Works will be closed Monday, September 4th, 2023 in observance of Labor Day.

City Council Meeting—

Tuesday, September 5th, 2023 at 7:00pm in the Library Community Room
—See City of Mt. Angel website notice for online access to meeting.

Municipal Court —

Wednesday, September 6th, 2023, at 6:00pm at the Library Community Room.

The Next Friday—

Friday, September 8th, 2023 5:00pm-8:00pm on East Charles Street between Garfield Street and Cleveland Street.

Special Library Closures—

The Library will be closed the Saturday September 9th, 2023 and the week of Oktoberfest, September 14th-17th, 2023.

Oktoberfest 2023—

September 14th—17th, 2023.

BUSINESS FEATURE—MT. ANGEL WELLNESS PART 2 OF 2

Last month we featured 5 of the 8 Independent Practitioners working within Mt. Angel Wellness (MAW), a growing collective of Holistic and Alternative Health practitioners serving Mt. Angel and the greater surrounding communities. MAW is located at 690 N. Main Street and services include Massage Therapists, Acupuncture, Chiropractic, CranioSacral Therapy, Bowen Therapy, and Reiki Energy Healing. Below we are featuring 3 more Independent Practitioners.

Acupuncture:

Haekyung Kim, MACOM, Lac: In Hae's practice, the treatment goal is to figure out the root and branches of health challenges and to learn how to achieve your optimal health because we know that our bodies have an amazing ability to heal themselves by living in a healthy way. Hae loves to encourage her patients to remember and embody their true nature: each and every person has the capacity for vitality beyond imagination and she is there to support that realization. Drawing on the principles of Traditional Chinese Medicine, and integrating that wisdom with modern science, Hae is honored to offer guidance to allow for restoration of health and vitality.

Chiropractor:

Rachel Kohn, DC, CAC, CST: Rachel is a licensed chiropractor in the state of Oregon and loves providing chiropractic care for the community. Rachel is also a Craniosacral Therapist, which is a very gentle, safe, and effective method of promoting healing and wellbeing. It can be a helpful treatment for headaches, neck and back pain, anxiety, depression, stress, and insomnia. She has a passion for helping people heal and is able to tailor treatment to suit the needs and goals of each individual patient she sees. In addition, she is an International Veterinary Chiropractic Association certified Animal Chiropractor with over 20 years of experience working with horses and has been treating horses and dogs with chiropractic since 2015.

Reiki:

Amy Kelsey: Intuitive Healer and Guiding Light, Amy provides intuitively guided hands-on healing, while opening herself as a clear channel for the transmission of spiritually guided life force energy. Amy has whole-heartedly shared her intuitive gifts of creativity, empathy, and healing, and looks forward

to sharing her gifts with you. Services offered: Reiki Treatments/Oracle Card Readings/Intuitive Stone Readings.

MAW's next project is the development of an Old World Remedy Room, featuring PEMF (Pulsed Electromagnetic Field) pads, InfraRed Sauna, a Chi Machine and more. They hope to offer wellness classes, events for expanding alternative modality awareness, as well as hosting meditation and Reiki gatherings. Keep watch on the MAW Facebook page for updates and upcoming events; the business is growing as it keeps watch on the heartbeat of the community and its needs.

Each practitioner is featured with details on how to contact or book an appointment on the Mt. Angel Wellness website: www.mtangelwellness.com. Hours of operation vary by specialist and their booked appointments. For any questions, call MAW at 503-845-WELL (9355).